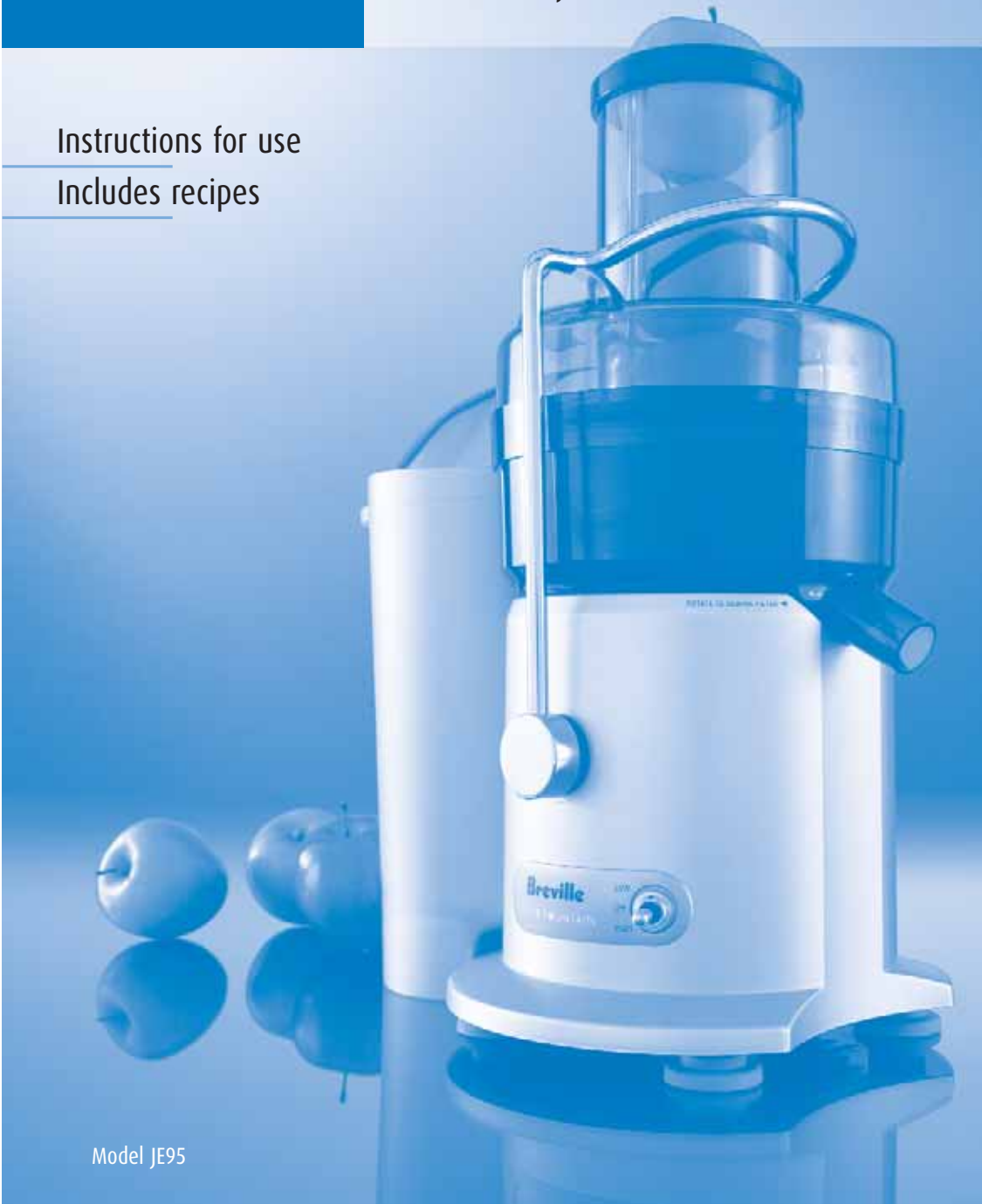
Breville

# Juice Fountain® Plus

Professional Juice Extractor

Instructions for use

Includes recipes




Model JE95

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# Congratulations

on the purchase of your new Breville Juice Fountain® Plus Juice Extractor.

# Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

## Read all instructions before operating and save for future reference

- Do not push produce into the feed chute with your fingers. Always use the food pusher provided.
- Do not touch the small cutting blades in the base of the stainless steel filter basket.
- Do not leave the Juice Fountain unattended when in use. Close supervision is necessary when this appliance is being used near children. Do not allow children to use this appliance.
- Always make sure the Juice Fountain is properly and completely assembled before operating. The unit will not turn 'On' unless properly assembled.
- Always use the Juice Fountain on a dry, level surface.
- Always turn the Juice Fountain off then turn off at the power point before disconnecting from the power outlet when not in use or when assembling.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in anyway, immediately cease use of the appliance and return the entire appliance to the nearest Breville Service Centre for examination, replacement or repair.
- Do not immerse power cord or motor base in water or any other liquid.
- Do not leave the appliance unattended when in use. Close supervision is necessary when this appliance is near children.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Do not operate any electrical appliance with a damaged cord or plug or after the appliance has malfunctioned or been damaged in any manner. Return the appliance to the nearest authorised Breville Service Centre for examination, adjustment or repair.
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces or become knotted.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always turn 'Off' at the power point and remove cord – if the appliance is left unattended, – if not in use, – before cleaning, – before attempting to move the appliance.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

EXTRA WIDE FEED CHUTE. DO NOT PLACE HANDS OR FOREIGN OBJECTS DOWN FEED CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.

# Know your Breville Juice Fountain

**Patented extra wide feed chute**
fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy

**Food pusher**
for pushing whole fruit and vegetables down the patented wide feed chute

**Safety locking arm**
- juicer will not operate without juicer cover in place and safety locking arm in place in the vertical operating position

**Juicer cover**
(dishwasher safe)

**Stainless steel micro mesh filter basket**
(dishwasher safe)

**Large pulp container**
with integrated handle
(dishwasher safe)

**Filter bowl surround**
(dishwasher safe)

**Dishwasher safe**
1 litre juice jug with integrated handle for left or right handed use

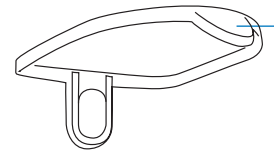
**Slide-in froth separator**
for removing froth from juice when pouring

**Heavy duty 850 watt motor**

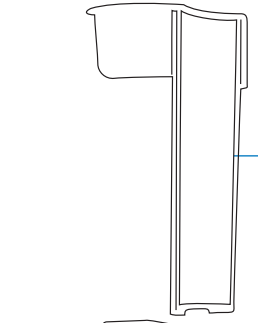
**3 position switch**
with two speeds and Off. Low speed for juicing soft fruits with high water content such as watermelon. High speed for juicing hard fruit and vegetables

**Cord storage in base**
Cord wraps around feet and clips into position under base

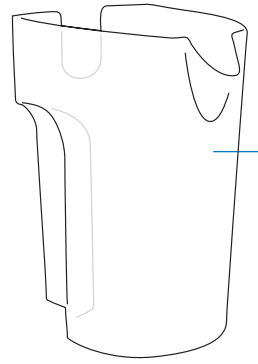
## Juice jug



**Juice jug lid**
allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator



**Slide-in froth separator**
Frother attachment ensures juice froth is separated from juice when poured into a glass (if preferred)



**1 litre dishwasher safe juice jug**

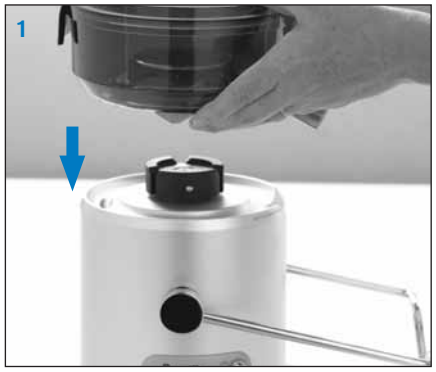
**Note**

To have froth in the juice simply remove the slide-in froth separator attachment before juicing.

# Assembling your Breville Juice Fountain

## Step 1

Place filter bowl surround on top of the motor base.




## Step 2

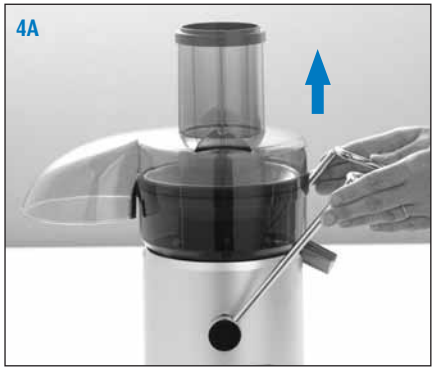
Align the arrows on the filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the filter bowl surround and onto the motor base.

## Step 3

Place the juicer cover over the filter bowl surround, positioning the feed chute over the stainless steel filter basket and lower into position.

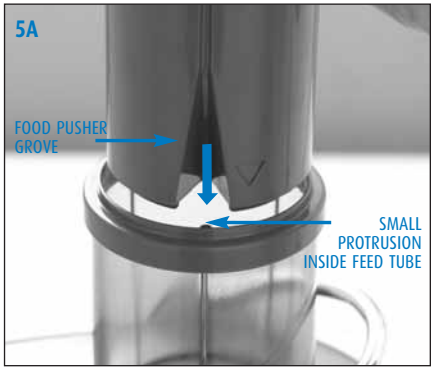
## Step 4

Raise the safety locking arm up and locate into the two grooves on either side of the juice cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.

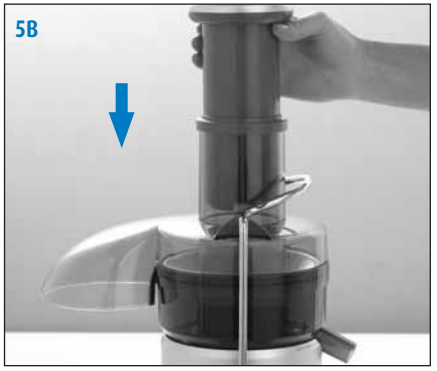


## Step 5

Slide the food pusher down the feed chute by aligning the groove in the food pusher with the small protrusion on the inside of the top of the feed tube.




Continue to slide the food pusher down the feed chute.



## Step 6

Place the pulp container into position by tilting slightly.

To minimize washing up we suggest you place a plastic freezer bag (or plastic grocery bag) into the pulp container to collect the pulp.

That's the idea™

## Step 7

Place the juice jug provided under the spout on the right hand side of the Juice Fountain. The lid can be placed on to avoid any splatter.

A glass could also be used to collect the juice.

Note





## Step 1

Wash your selection of fruit and vegetables ready for juicing.

Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut to size as these will fit into the feed chute whole. When juicing carrots place the tip of the carrot into the feed chute last.

Note

## Step 2

Ensure the Juice Fountain is correctly assembled. Ensure the stainless steel filter is thoroughly cleaned before each use (refer to care and cleaning on page 15). Ensure you place the juice jug (or a glass) under the spout before commencing juicing.

## Step 3

Plug the power cord into a 230/240V power outlet and turn the power 'On'. Push the two speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced. Use the speed selector table as a guide for juicing different fruits and vegetables.

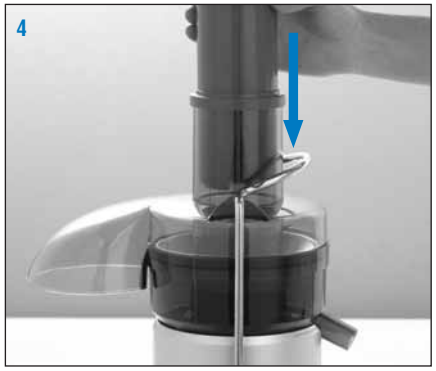
| Speed selector table | |
|---|---|
| Apples | High |
| Apricots (stone removed) | Low |
| Beetroot | High |
| Blueberries | Low |
| Broccoli | Low |
| Brussels sprouts | High |
| Cabbage | Low |
| Carrots | High |
| Cauliflower | Low |
| Celery | High |
| Cucumber | Low |
| Fennel | High |
| Grapes (seedless) | Low |
| Kiwi fruit | Low |
| Mangoes | Low |
| Melons | Low |
| Nectarines (stone removed) | Low |
| Oranges (peeled) | High or Low |
| Peaches (stone removed) | Low |
| Pears | High for hard or Low for soft |
| Pineapple (peeled) | High |
| Plums (stone removed) | Low |
| Raspberries | Low |
| Tomatoes | Low |
| Watermelon | Low |

WHEN USING THE JUICE FOUNTAIN ON HIGH SPEED, DO NOT RUN THE JUICER FOR LONGER THAN 4 MINUTES AT A TIME WHEN CONTINUOUSLY JUICING HARD FRUITS AND VEGETABLES, SUCH AS APPLES, CARROTS, AND BEETROOT. AFTER SUCH TIME, WAIT 1 MINUTE BEFORE RESUMING FEEDING FRUITS AND VEGETABLES DOWN THE FEED CHUTE.
NOTE: YOU DO NOT NEED TO SWITCH THE JUICER OFF.

# Operating your Breville Juice Fountain continued

## Step 4

With the motor running, place food into the feed chute. Using the food pusher, gently guide food down the feed chute. To extract the maximum amount of juice, always push the food pusher down slowly.




## Step 5

Juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.

The pulp container can be emptied during juicing by turning the Juice Fountain 'Off' and then carefully removing the pulp container. (Replace empty pulp container before continuing to juice).

Do not allow the pulp container to overfill as this may prevent correct operation or damage the unit.

Note

To minimize washing up place a plastic freezer bag into the pulp container to collect the pulp.

That's the idea™

NEVER USE FINGERS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE FEED CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.



# Disassembling your Breville Juice Fountain

## Step 1

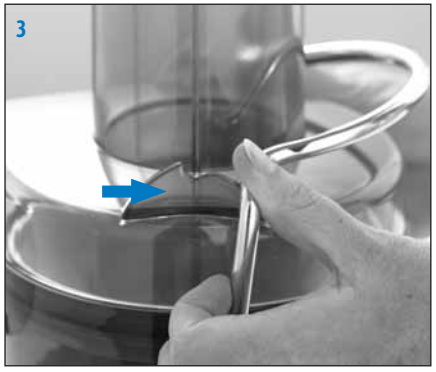
Turn Juice Fountain Professional 'Off' at the power outlet and unplug.

## Step 2

Remove the pulp container by holding the handle and pivoting the bottom of the pulp container away from the juicer.

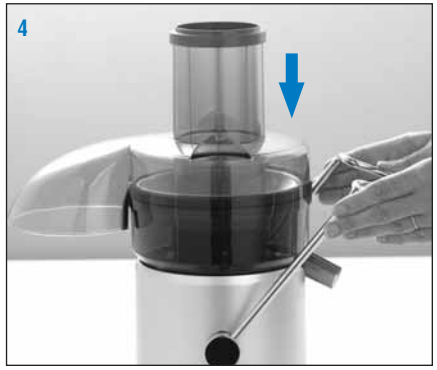
## Step 3

Place both hands on either side of the locking arm and pull back and lift over the grooves on either side of the juicer cover.



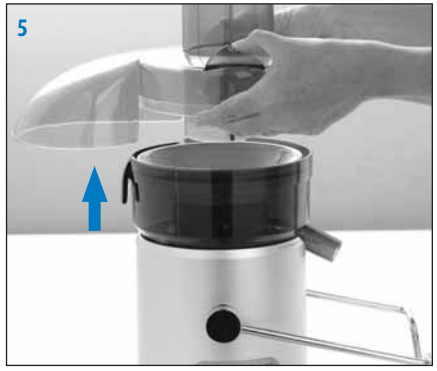

## Step 4

Move the locking arm down.




## Step 5

Lift the juicer cover off the Juicer.



# Disassembling your Breville Juice Fountain continued

## Step 6

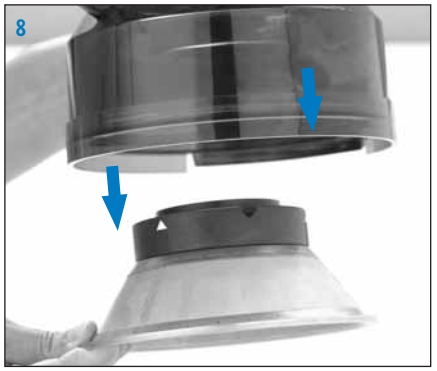
To remove stainless steel filter basket, hold base of juicer and turn filter bowl surround by the juice spout.

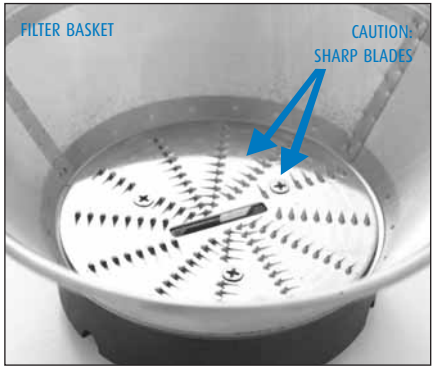
## Step 7

Lift off the filter bowl surround with the stainless steel filter basket still in place.

## Step 8

To remove the stainless steel filter basket, turn the filter bowl surround upside down and carefully remove the filter basket. (It is recommended to remove the filter basket over the sink).




THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET.



# Care and cleaning

- For easy cleaning - immediately after each use rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit (see page 13) all removable parts may be washed in hot soapy water.
- The Juice Fountain juicer cover, filter bowl surround, pulp container, stainless steel filter basket and 1 litre juice jug are dishwasher safe (top shelf only).
- Wipe the motor base with a damp cloth.
- Before washing juice jug, remove froth attachment and rinse under running water.
- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied nylon brush. Using the nylon washing up brush, hold the filter basket under running water and brush from the inside of the basket to outer rim. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the filter basket in the dishwasher.
- Do not soak the stainless steel filter basket in bleach.
- Always treat the filter basket with care as it can be easily damaged.
- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discolouration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non abrasive cleaner.

**Note**

To assist with cleaning soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.

For your convenience a nylon cleaning brush has been included with your Juice Fountain.

DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID.

THE CENTRE OF THE FILTER BASKET AND FEED CHUTE CONTAIN SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

# Care and cleaning continued

- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discolouration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non abrasive cleaner.

To minimize washing up place a freezer bag (or plastic grocery bag) into the pulp container to collect the pulp. When juicing is completed simply place the bag containing the pulp into a bin. (Refer page 19 for ideas on using the pulp).

That's the idea™

## Breville 5 year motor guarantee

The Breville Juice Fountain is constructed with a heavy duty 850 watt motor. So heavy duty in fact that we have given the motor a 5-year guarantee against faulty materials or manufacture. This warranty is an extension of the 12-month replacement guarantee and covers the motor only. The warranty does not cover damage caused by accident, misuse, or being used in a manner not stated in the instruction book.

The 5-year Guarantee is additional to the conditions and warranties mandatory implied by the laws and regulations of the individual States and Territories of Australia and the Trade Practices act, 1974.

## Important

Breville agree to replace the Juice Fountain in the event of the motor being faulty or developing a defect or fault, within the next 4-years after the 12-month replacement guarantee. As the motor needs to be inspected by qualified technicians do not return the Juice Fountain to the retailer, take them to your nearest Breville Service Centre (Service Centres are listed on the back of the Guarantee Card). The Breville Service Centre will verify the date of the manufacture and check your receipt to validate your claim.

## 12 Month replacement guarantee

The Breville Juice Fountain is totally covered for the first 12-months against faulty material or manufacture by the Breville 12-month Replacement Guarantee. (See Guarantee Card enclosed)



# Trouble shooting guide

| Possible problem | Easy solution |
|---|---|
| **Machine will not work when switched 'ON'** | The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover (see picture on page 9 step 4). |
| **Motor appears to stall when juicing** | Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly (refer page 9 step 4). Clean the filter bowl surround, the stainless steel filter and the juicer cover. |
| **Excess pulp building up in the micro mesh filter basket** | Stop the juicing process. Remove the juicer cover, scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties. |
| **Pulp too wet and reduced extracted juice** | Try a slower juicing action. Remove stainless steel reduced mesh filter basket and thoroughly clean mesh walls with a fine brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow. |
| **Juice leaks between the rim of the Juicer and cover the filter** | Try a slower juicing action by pushing the food pusher down more slowly (refer page 12 step 4). |
| **Bowl surround juice sprays out from spout** | Try a slower juicing action by pushing the food pusher down more slowly (refer page 12 step 4). |

# Tips on juicing

## The inside information on juicing

Although the juice drinks contained in this booklet were developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables from an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy to make source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring agents.

Freshly extracted juices should be consumed just after they have been made to avoid a loss of vitamin content.

## Purchasing and storage of fruit and vegetables

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season (see the Fruit and Vegetable Facts chart on pages 20 and 21).
- Keep your fruit and vegetables ready for juicing by washing them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

## Preparation of fruit and vegetables

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the Juice Fountain Professional if peeled first.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to prohibit browning.

Your Juice Fountain Professional makes invigorating, frothy orange juice. Simply peel the oranges and juice. (It is best to refrigerate oranges before juicing).

That's the idea™

## The right technique

When juicing a variety of ingredients with varying textures start with the softer textured ingredients on low speed then change to high speed for the harder textured ingredients.

If you are juicing herbs, sprouts or leafy green vegetables either wrap then together to form a bundle or juice them in the middle of a combination of ingredients on low speed to obtain the best extraction.

If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing, it is advised to juice them with a combination of other fruit and vegetables.

Note

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

To extract the maximum amount of juice always push the food pusher down slowly.

Note

## Getting the right blend

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal thing. Just think of some of your favourite flavours and foods - would they work well together or would they clash. Some strong flavours could over power the more subtle flavours of others. It is however, a good rule of thumb to combine starchy, pulpy ingredients with those high in moisture.

## Using the pulp

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

There are a number of recipes contained in this book for the use of pulp (refer page R12). Apart from these, some of the other uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple dessert.

Quite apart from the consumption use, pulp is great used in the garden for compost.

When using the pulp, there may be some pieces of fruit or vegetable remaining. These should be removed before using the pulp in any recipes.

Note

# Fruit and vegetable facts

| Fruit and vegetables | Best season to buy | Storage | Nutritional value | Kilojoule/ calorie count |
|---|---|---|---|---|
| Apples | Autumn/ Winter | Vented plastic bags in refrigerator | High in Dietary Fibre and Vitamin C | 200g Apple =300kj (72 cals) |
| Apricots | Summer | Unwrapped in crisper of refrigerator | High in Dietary Fibre Contains Potassium | 30g Apricot =85kj (20 cals) |
| Beetroot | Winter | Cut off tops, then refrigerate unwrapped | Good source Folate and Dietary Fibre Vitamin C and Potassium | 160g Beetroot =190kj (45 cals) |
| Blueberries | Summer | Cover in the refrigerator | Vitamin C | 125g Blueberries =295kg (70 cals) |
| Broccoli | Autumn/ Winter | Plastic bag in refrigerator | Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre | 100g Broccoli =195kj (23 cals) |
| Brussels Sprouts | Autumn/ Winter | Unwrapped in crisper of refrigerator | Vitamin C, B2, B6, E, Folate and Dietary Fibre | 100g Brussels Sprouts =110kj (26 cals) |
| Cabbage | Winter | Wrap, trimmed in the refrigerator | Vitamin C, Folate, Potassium B6 and Dietary Fibre | 100g Cabbage =110kj (26 cals) |
| Carrots | Winter | Uncovered in refrigerator | Vitamin A, C, B6 and Dietary Fibre | 120g Carrots =125kj (30 cals) |
| Cauliflower | Autumn/ Winter | Remove outer leaves, store in plastic bag in refrigerator | Vitamin C, B5, B6 Folate Vitamin K and Potassium | 100g Cauliflower = 55kj (13 cals) |
| Celery | Autumn/ Winter | Refrigerate in plastic bag | Vitamin C and Potassium | 80g stick =55kj (7 cals) |
| Cucumber | Summer | Crisper in refrigerator | Vitamin C | 280g Cucumber =120kj (29 cals) |
| Fennel | Winter/ Spring | Crisper in refrigerator | Vitamin C and Dietary Fibre | 300g Fennel = 145kj (35 cals) |
| Grapes (seedless) | Summer | Plastic bag in refrigerator | Vitamin C, B6 and Potassium | 125g Grapes =355kj (85 cals) |
| Kiwi Fruit | Winter/ Spring | Crisper in refrigerator | Vitamin C and Potassium | 100g Kiwi Fruit =100j (40 cals) |

| Fruit and vegetables | Best season to buy | Storage | Nutritional value | Kilojoule/ calorie count |
|---|---|---|---|---|
| Mangoes | Summer | Covered in refrigerator | Vitamins A, C, B1, B6 and Potassium | 240g Mango =200kj (102 cals) |
| Melons including Watermelon | Summer/ Autumn | Crisper in refrigerator | Vitamin C, Folate, Dietary Fibre and Vitamin A | 200g Melon =210kj (50 cals) |
| Nectarines | Summer | Crisper in refrigerator | Vitamin C, B3, Potassium and Dietary fibre | 180g Nectarines =355kj (85 cals.) |
| Oranges | Winter/ Autumn/ Spring | Cool, dry place for 1 week, transfer refrigerator keep longer | Vitamin C 35mg/100g | 150g Orange = 160kj |
| Peaches | Summer | Refrigerate uncovered | Vitamin C, B3 Potassium and Dietary Fibre | 150g Peach =205kj (49 cals) |
| Pears | Autumn | Refrigerate uncovered | Dietary Fibre | 150g Pear =250kj (60 cals) |
| Pineapples | Summer | Refrigerate uncovered | Vitamin C | 150g Pineapple =245kj (59 cals) |
| Plums | Summer | Refrigerate uncovered | Dietary Fibre | 70g Plums =110kj (26 cals) |
| Raspberries | Summer | Covered in refrigerator | Vitamin C, Iron, Potassium and Magnesium | 125g Raspberries =130kj (31cals) |
| Tomatoes | Summer | Uncovered in crisper of refrigerator | Vitamin C Dietary fibre Vitamin E, Folate and Vitamin A | 100g Tomatoes =90kj (22 cals) |

Your Juice Fountain Professional makes invigorating frothy orange juice. Simply peel the oranges and juice. (Best to refrigerate oranges before juicing)

That's the idea™

# Breville Customer Service Centre

## Australian Customers

✉ Breville Customer Service Centre
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Model JE95 Issue 1/04

Breville

# Recipes

Delicious recipes
Includes instructions for use

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# Fresh starts

## Apple, carrot and celery Juice

MAKES 2

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:

**4 small Granny Smith apples**
**3 medium sized carrots, trimmed**
**4 sticks celery**

1. Process apples, carrots and celery through Juice Fountain.

Mix well and serve immediately.

## Tomato, carrot, celery and lime juice

MAKES 3

**2 medium tomatoes**
**1 large carrot, trimmed**
**2 celery stalks, trimmed**
**1 lime, peeled**

1. Process tomatoes, carrot, celery and lime through Juice Fountain.

Serve immediately.

## Carrot, beetroot and orange juice

MAKES 2

**2 medium carrots, trimmed**
**3 medium beetroot, trimmed**
**4 oranges, peeled**

1. Process carrots, beetroot and oranges through Juice Fountain.

Serve immediately.

## Apple, peach and grapefruit juice

MAKES 2½

**1 small Delicious apple**
**2 large peaches, halved and seeds removed**
**2 grapefruits, peeled**

1. Process apple, peaches and grapefruit through Juice Fountain.

Serve immediately.

## Pineapple peach and pear juice

MAKES 3

**½ small pineapple, peeled and halved**
**2 peaches, halved and seeds removed**
**2 small ripe pears**

1. Process pineapple, peaches and pears through Juice Fountain.

Serve immediately.

## Apple, pear and strawberry juice

MAKES 3

**1 small Granny Smith apple**
**3 small ripe pears**
**1 cup strawberries, trimmed**

1. Process apple, pears and strawberries through Juice Fountain.

Serve immediately.

## Rockmelon, mint and mango juice

MAKES 2½

**½ small rockmelon, peeled, seeded and halved**
**3 sprigs fresh mint leaves**
**1 mango, halved, seeded and peeled**

1. Process rockmelon, mint and mango through Juice Fountain.

Serve immediately.

## Tomato, cucumber, parsley and carrot juice

MAKES 3

**3 medium tomatoes**
**1 large cucumber**
**1 large bunch fresh parsley**
**3 medium carrots, trimmed**

1. Process tomatoes, cucumber, parsley and carrots through Juice Fountain.

Serve immediately.

## Kumera, celery, ginger, and orange juice

MAKES 3

**4 sticks celery, trimmed**
**1 small kumera (sweet potato), peeled and halved**
**2.5cm piece fresh ginger**
**4 oranges, peeled**

1. Process celery, kumera, ginger and oranges through Juice Fountain.

Serve immediately.

## Parsnip, celery and pear juice

MAKES 3

**2 parsnips, trimmed**
**4 sticks celery, trimmed**
**4 medium pears, stalks removed**

1. Process parsnips, celery and pears through Juice Fountain.

Serve immediately.





## Tomato, carrot and red capsicum juice

MAKES 3

**2 small red capsicums**
**3 medium tomatoes**
**3 carrots, trimmed**
**4 sprigs parsley**

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through Juice Fountain.

Serve immediately.

## Blackberry, pear and grapefruit juice

MAKES 3

**250g blackberries**
**3 ripe pears**
**2 grapefruits, peeled**

1. Process blackberries, pears and grapefruit through Juice Fountain.

Serve immediately.

## Beetroot, apple and celery juice

MAKES 2

**4 medium sized beetroot, trimmed**
**2 medium Granny Smith apples**
**4 sticks celery**

1. Process beetroot, apples and celery through Juice Fountain.

Serve immediately.

## Blueberry, blackberry, strawberry and lime juice

MAKES 3½

**Makes approximately 3½ cups**
**500g blackberries**
**500g blueberries**
**500g strawberries, hulled**
**1 lime, peeled**

1. Process blackberries, blueberries, strawberries and lime through Juice Fountain.

Serve immediately.

## Cucumber, celery, fennel and bean sprout juice

MAKES 3

**Makes approximately 3 cups**
**1 large cucumber**
**3 sticks celery**
**1 bulb fennel, trimmed**
**2 cups bean sprouts**

1. Process cucumber, celery, fennel and bean sprouts through Juice Fountain.

Serve immediately.

## Frothie orange juice

MAKES 3

**1kg oranges, peeled**

1. Process oranges through juice fountain.

Serve immediately.

(Best to refrigerate oranges before juicing)

# Liquid lunches

## Fresh vegetable soup with noodles

MAKES 4 SERVES

**1 small tomato**
**1 small onion, peeled and trimmed**
**2 carrots**
**1 green capsicum, base removed and seeded**
**1 tablespoon butter**
**1 tablespoon wholemeal flour**
**375ml vegetable stock**
**425g canned baked beans**
**1 packet 2 Minute Noodles**
**Freshly ground black pepper**

1. Process tomato, onion, carrots and green pepper through Juice Fountain.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and baked beans.
5. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.

Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

## Gazpacho

MAKES 4 SERVES

**4 medium tomatoes**
**4 sprigs fresh parsley**
**1 large clove garlic, peeled**
**1 small onion, peeled and trimmed**
**2 carrots**
**2 stalks celery**
**1 red capsicum, base removed and seeded**
**1 lebanese cucumber**
**2 tablespoons red wine vinegar**
**freshly ground black pepper**
**1 cup crushed ice**
**3 tablespoons chopped fresh basil**

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through Juice Fountain.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.

Pour in extracted juice, sprinkle with basil and serve immediately.

## Pasta with provencale style sauce

MAKES 4 SERVES

**4 tomatoes**
**2 sprigs fresh parsley**
**1 stick celery**
**2 large cloves garlic**
**1 small onion, peeled and trimmed**
**1 red capsicum, base removed and seeded**
**1 tablespoon tomato paste**
**½ cup red wine**
**2 teaspoons dried oregano**
**500g cooked pasta**
**3 tablespoons grated Parmesan cheese**

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum.
2. Blend tomato paste with red wine, stir in the extracted juice.
3. Pour into a saucepan and cook over medium heat for 3-4 minutes.
4. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
5. Sprinkle with oregano and Parmesan cheese.

Serve immediately.

## Mango, rockmelon and orange yoghurt drink

MAKES 4 SERVES

**1 mango, halved, peeled and seeded**
**½ small rockmelon, peeled, seeded and cut into two equal portions**
**5 oranges, peeled**
**3 tablespoons natural yoghurt**

1. Process mango, rockmelon and oranges through Juice Fountain.
2. Pour into a large bowl whisk in yoghurt.

Serve immediately.


R6

# Icy coolers

## Sparkling pear and apricot cooler

MAKES 4 SERVES

**4 large apricots, halved and seeded**
**3 large pears**
**250ml mineral water**
**1 cup crushed ice**

1. Process apricots and pears through Juice Fountain.
2. Scoop ice into 4 tall glasses.
3. Divide extracted juice between the glasses.
4. Top with mineral water, stir well to blend.

Serve immediately.

## Rockmelon, strawberry and passion crush

MAKES 4 SERVES

**½ rockmelon, peeled, seeded and divided into 2 equal portions**
**250g strawberries, hulled**
**pulp of 2 passion fruit**
**1 cup crushed ice**

1. Process rockmelon and strawberries through Juice Fountain.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

## Tropical blend

MAKES 4 SERVES

**2 mangoes, halved, seeded and peeled**
**3 kiwi fruit, peeled**
**½ small pineapple, peeled and halved**
**½ cup fresh mint leaves**
**1 cup crushed ice**

1. Process mangoes, kiwi fruit, pineapple and mint through Juice Fountain.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

## Tomato, nectarine, passionfruit and mint icer

MAKES 4 SERVES

**6 tomatoes**
**2 nectarines**
**½ cup fresh mint leaves**
**pulp of 4 passion fruit**
**1 cup crushed ice**

1. Process tomatoes, nectarines and mint leaves through Juice Fountain.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

## Cucumber, pineapple and coriander ice

MAKES 4 SERVES

**½ small pineapple, peeled and halved**
**2 cucumbers**
**½ cup fresh coriander leaves**
**1 cup crushed ice**

1. Process pineapple, cucumbers and coriander through Juice Fountain.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

## Pear, radish and celery crush

MAKES 4 SERVES

**3 medium pears**
**4 radishes, trimmed**
**3 sticks celery**
**1 cup crushed ice**

1. Process pears, radishes and celery through Juice Fountain.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

# Spirited juices

## Coconut pineapple colada

MAKES 4 SERVES

**½ large pineapple, peeled and quartered**
**2 tablespoons coconut cream**
**3 tablespoons Malibu liqueur**
**500ml soda water**
**1 cup crushed ice**

1. Process pineapple through Juice Fountain.
2. Stir in liqueur, coconut cream and soda water.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

Serve immediately.

## Honeydew dream

MAKES 4 SERVES

**1 honeydew melon, peeled, seeded and quartered**
**3 tablespoons Midori liqueur**
**500ml soda water**
**1 cup crushed ice**

1. Process honeydew melon through Juice Fountain.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.

Serve immediately.

## Bloody mary

MAKES 4 SERVES

**4 medium tomatoes**
**2 sticks celery**
**1 large red capsicum, base removed and seeded**
**⅓ cup Vodka**
**1 cup crushed ice**

1. Process tomatoes, celery and red capsicum through Juice Fountain.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

Serve immediately.

## Peach and mint julep

MAKES 4 SERVES

**6 peaches, halved and seeded**
**½ cup fresh mint leaves**
**2 tablespoons Creme de Menthe**
**2 teaspoons sugar**
**½ cup crushed ice**
**500ml mineral water**

1. Process peaches and mint leaves through Juice Fountain.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.

Serve immediately.



# Energy fuel

## Grape, kiwi fruit and berry booster

MAKES 6 SERVES

**Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.**
**500g green seedless grapes, stems removed**
**2 kiwi fruit, peeled**
**250g strawberries, hulled**
**500ml skim milk**
**2 tablespoons powdered protein drink mix**
**½ cup crushed ice**

1. Process grapes, kiwi fruit and strawberries through Juice Fountain.
2. Mix in milk, protein drink mix and crushed ice.

Serve immediately.

## Apricot, apple and pear sparkle

MAKES 4 SERVES

**4 large apricots, halved and seeded**
**4 small red apples**
**3 medium pears**
**250ml sparkling mineral water**
**½ cup crushed ice**

1. Process apricots, apples and pears through Juice Fountain.
2. Stir in mineral water and ice.

Serve immediately.

## Beetroot, carrot and orange quencher

MAKES 4 SERVES

**8 carrots**
**2 small beetroots, trimmed**
**¼ cup fresh mint leaves**
**4 oranges, peeled**

1. Process carrots, beetroot, mint leaves and oranges through Juice Fountain.

Serve immediately.

# Fibre favourites

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

## Carrot, pumpkin and feta flan

MAKES 6 SERVES

**8 sheets filo pastry**
**60g butter, melted**
**1 leek finely sliced**
**1 cup pumpkin pulp**
**1 cup carrot pulp**
**250g feta cheese, crumbled**
**3 eggs**
**1 egg white**
**½ cup milk**
**2 tablespoons orange rind**
**3 tablespoons chopped fresh parsley**

1. Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 25cm flan tin, press over base and side. Trim pastry edge to about 1.5cm higher than side of tin.
2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°C for 25-30 minutes or until golden and set.

## Vegetable and bacon soup

MAKES 4 SERVES

**3 teaspoons butter**
**1 onion, finely chopped**
**1 ham bone**
**350g beetroot pulp, strained and juice reserved**
**50g potato pulp, strained and juice reserved**
**50g carrot pulp, strained and juice reserved**
**100g tomato pulp, strained and juice reserved**
**50g cabbage pulp, strained and juice reserved**
**reserved juices and enough water to make up 2 litres**
**4 bacon rashers, chopped**
**1 tablespoon lemon juice**
**½ cup sour cream**

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes.
2. Remove ham bone, discard bone, finely chop meat and return to the pan.

Serve topped with sour cream.

## Carrot, apple and celery strudels

MAKES 8

**30g butter**
**1 small onion, finely chopped**
**4½ cups carrot, apple and celery pulp, strained**
**(see juice recipe on page R3)**
**250g cottage cheese**
**2 tablespoons chopped fresh mint**
**1 egg, beaten**
**12 sheets filo pastry**
**60g butter, melted extra**
**1 cup grated fresh Parmesan cheese**

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
2. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
3. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°C for 20-25 minutes or until golden.

## Parsnip, herb and polenta hot cakes

MAKES 6 SERVES

**2 cups parsnip pulp, strained**
**¼ cup milk**
**2 eggs, separated**
**¼ cup polenta (corn meal)**
**¼ cup self-raising flour**
**1 teaspoon chopped fresh thyme**
**1 teaspoon chopped fresh rosemary**
**1 teaspoon cajun seasoning**
**1 small red capsicum, finely chopped**
**1 tablespoon oil**

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, cajun seasoning and red capsicum in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture.
2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden.

Serve immediately.

## Berry and white chocolate mousse

MAKES 6 SERVES

**200g white chocolate**
**200g strawberry pulp**
**200g raspberry pulp**
**3 teaspoons gelatine dissolved in 3 tablespoons hot water**
**3 egg yolks**
**300ml carton thickened cream**
**¼ cup icing sugar**
**2 tablespoons Grand Marnier**

1. Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

## Carrot cake

MAKES 16 SERVES

**1¾ cups plain flour**
**2 teaspoons baking powder**
**½ teaspoon nutmeg**
**½ teaspoon cinnamon**
**½ teaspoon cardamom**
**½ cup peanuts, chopped**
**½ cup sultanas**
**½ cup brown sugar, firmly packed**
**1½ cups carrot pulp**
**½ cup oil**
**2 eggs, lightly beaten**
**¼ cup sour cream**

1. Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultanas, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

## Family meat loaf

MAKES 4-6 SERVES

**500g lean beef mince**
**500g sausage mince**
**2 onions, finely chopped**
**½ cup carrot pulp, strained**
**½ cup potato pulp, strained**
**2 teaspoons curry powder**
**1 teaspoon ground cumin**
**1 tablespoon chopped fresh parsley**
**1 egg, lightly beaten**
**½ cup evaporated milk**
**½ cup beef stock**
**Freshly ground black pepper**
**2 tablespoons slivered almonds**

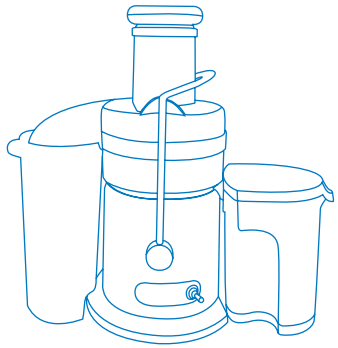
**TOMATO GLAZE**
**½ cup beef stock**
**4 tablespoons tomato sauce**
**1 teaspoon instant coffee powder**
**3 tablespoons Worcestershire sauce**
**1½ tablespoons vinegar**
**1½ tablespoons lemon juice**
**3 tablespoons brown sugar**
**¼ cup butter**

1. Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11cm x 21cm loaf pan. Pour glaze over meatloaf, sprinkle with almonds and bake, basting often with glaze, for 40 minutes.
2. To make glaze, place stock, tomato sauce, coffee powder, Worcestershire sauce, vinegar, lemon juice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.

# Notes



# Notes



# Notes